



Free Health Workshop: Exercise and Activity with Diabetes – Navigating the Road to Health

Presented by Sharp HealthCare

Tuesday, March 12, 2019

10 to 11 a.m.

Lopez Ridge Recreation Center

7245 Calle Cristobal

San Diego, CA 92126

If you or a loved one is living with diabetes, regular exercise can help you feel better. At this free workshop, a diabetes educator will discuss how to stay motivated to exercise and improve your health.

To register, call 1-800-82-SHARP (1-800-827-4277) or visit sharp.com/citywellness.

Sharp HealthCare is proud to be the official Health and Wellness Partner of the City of San Diego.

District 6 Councilmember Chris Cate is a proud supporter of this workshop.